

St. Mark Antiochian Orthodox Church

Self-ruled Antiochian Orthodox Christian Archdiocese, Diocese of the West

17840 Sky Park Circle, Irvine CA 92614 (949) 851-8933

Church Office Hours: M-F, 9:30 am – 4:30 pm

Website: www.st-mark-church.org

Archpriest Michael Laffoon, Priest Patrick Irish

Protodeacon George Moubayed, Sub Deacon Athanasius Fakhouri

Choir Director Barbara Scholl

Chanters: Jacob Bahbah, Theresa Joubran, Mark Ellis,

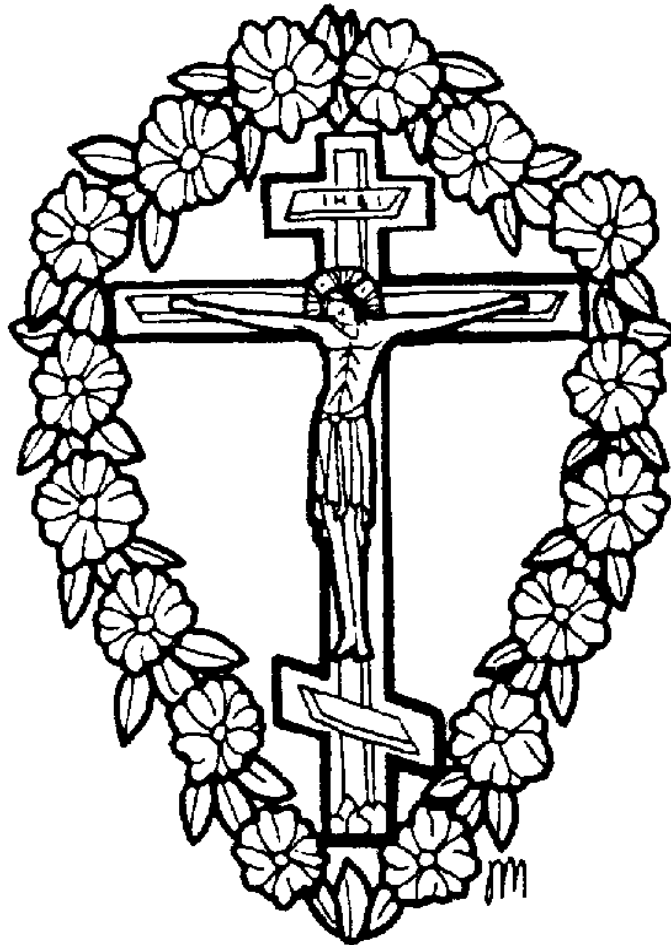
Karim Youssef

Church Office Administrator: Lydia Wakileh

Teen Advisors: Paula Rodriguez and Dana Chade

Sunday Schedule: Orthros (Matins) & Confessions 8:45 a.m.

Divine Liturgy 10:00 a.m.



APRIL 3, 2016

THIRD SUNDAY OF LENT

ADORATION OF THE HOLY CROSS

LITURGY OF ST. BASIL

During the Little Entrance

Troparion of the Holy Cross in the First Tone: O Lord, save thy people and bless thine inheritance, grant victories to the Orthodox Christians over their adversaries, and by the virtue of thy Cross, preserve thy habitation.

HYMNS AFTER THE ENTRANCE

Troparion of the Resurrection in the Third Tone: Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and became the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

Troparion of the Holy Cross in the First Tone (Repeat)

Troparion to St. Mark in the Fourth Tone: From thy childhood the light of truth enlightened thee, O Mark, and thou didst love the labor of Christ the Savior. Wherefore thou didst follow Peter with zeal and didst serve Paul as a fellow laborer and didst enlighten the world with thy holy Gospel.

Kontakion for the Sundays in Lent, in the Eight Tone: To thee the Champion Leader do I offer thanks of Victory. O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone canst set me free; from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without bridegroom.

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Instead of "Holy God..." we sing today, "Before thy Cross, we bow down..." (p. 30 A in the Congregational Service Book).

Prokeimenon (Psalm 27:9, 1) Tone 6: O Lord, save your people and bless your inheritance. Unto you have I cried, O my God.

The reading from Saint Paul's Letter to the Hebrews (4:14-5:6)

Brethren, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the

ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was.

So also Christ did not exalt Himself to be made a high priest, but was appointed by Him who said to Him, "Thou art my Son, today I have begotten Thee"; as he says also in another place, "Thou art a priest forever, after the order of Melchizedek."

Alleluia verses (Psalm 88.1, 2) Tone 6: Remember Thy congregation which Thou hast purchase from the beginning. God is our King before the ages; He hath wrought salvation in the midst of the earth.

The Reading from the Gospel according to St. Mark (8:34-9:1)

The Lord said, "If any man would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And Jesus said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

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Instead of "Praise ye the Lord...", today's Communion Hymn is "The light of Thy countenance, O Lord, hath been signed upon us."

After the Communion of the people "We have seen the true light..." is not sung. Instead we sing the Troparion of the Cross, "O Lord save thy people..."

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For the Liturgy of St. Basil, in lieu of the usual hymn to the Theotokos, we sing "In Thee Rejoiceth..." (See page 57 of the Congregational Liturgy book)

At the end of the Liturgy we will pray the Service of the Cross. The clergy and altar servers will process inside the church as the choir and the people sing the Trisagion Hymn:

Holy God, Holy Mighty, Holy Immortal, have mercy on us.

Qu-du-sun l-lah, Qu-du-sun l-qa-wi, Qu-du-sun l-la-dhi, la ya-mu-tu r-ham-na. (Arabic)

Agios, O theos, Agios iskiros, Agios athanatos, eleison imas. (Greek)

During the singing of “Before Thy Cross, we bow down...,” all who are able should make a full prostration with each time it is sung. If you are standing in a place where this is not possible, please kneel during the singing of these verses.

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Holy Oblations are offered today by Sandella Goson and family for the soul of beloved husband, father, grandfather and father-in-law James N. Goson departed this life 6 years, by Lydia Wakileh for Theresa Joubran on the occasion of her birthday April 1.

Coffee Hour is given today by the Coffee Hour Committee.

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Please remember in your prayers: Michael Debbas, Odette Chade, Maha Kureh, Darlyne Dibs, Eleanor Wackeen, Georgette Salameh, Lourice Kishek, Paul and June Anter and the suffering people of Syria, Iraq, Lebanon, Egypt, Libya, Ethiopia, Palestine, Yemen, Ukraine, West Africa, Nepal and all people afflicted with disease and violence.

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This week Ushers: Nader Qoborsi & Maurice Karkar
Next week Ushers: Sam Munayyer & Wael Kashou
Altar boys serving Today: Andrew Khamis, Alex Turk, Jay Skaff, Paul Rodriguez.
Altar boys serving next week: James Bahbah, Peter Williams, Nicholas Bahou, Youssef Youssef.

Quote from the Saints

May the soul that has sought refuge in Thy cross and inherited eternal incorruptible treasure praise and exalt Thee together with the spirits that number her among Thy ranks... *St. Ephraim the Syrian*

Canned Food Drive

Low employment and homelessness continue to be significant problems, even in affluent Orange County. In light of this, the ongoing canned food collection of our parish is a small but important way to help. Please try to bring something to go in the collection barrel every week.

Good Samaritan Fund

Several years ago, St. Mark Church established a fund for assisting those in need, both within our parish and in the general community. From time to time we ask for contributions to the Good Samaritan Fund, and this is one of those times. If you are in need of assistance or you are aware of someone in our parish that needs financial assistance, please speak with Fr. Michael.

Church Etiquette

- Please be on time for services; those arriving late should not approach the Chalice for Communion.
- To receive Communion, one must be a baptized/chrisdated Orthodox Christian who has prepared by prayer, fasting, alms giving, and regular confession.
- Confessions are heard on Wednesday and Saturday evenings after Great Vespers and during the week by appointment.
- Men, women, and children: please dress modestly for services.
- Please remove lip balm or lipstick before receiving Communion or kissing the holy icons, Chalice, or Gospel.
- If you wish to stand for the entire service, please do so in the back or the aisle so as not to block the view of others who may need to sit. When seated, we should refrain from a posture of relaxation (e.g., crossing legs or arms).
- Pledges, Tithes, Donations: Giving 10% of one's income is God-pleasing, as are all gifts offered by a pious and cheerful giver with a humble heart. Membership forms, renewed annually, are located in the Hall.
- Children are welcome! Yet, if they interfere with the prayers of the faithful, we all may need a break. Food and drink (and toys) are not allowed in the Temple.
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Today

Antiochian Women Lenten Bake Sale. (Spinach Pies only)

Please take home a coin box (either for the Orthodox Christian Mission Center or for Food for Hungry People). Put your spare change in it for the rest of Lent and return them to the Church after Pascha.

THE LENTEN FAST has begun.

During Great Lent, the rules of the dietary fast are thus: All of Lent and Holy Week we are to abstain from all meat and animal products (including eggs, milk, animal fats, etc.) The only exceptions are shellfish. In addition, Mondays through Fridays, we are to abstain from wine and other alcoholic drinks and olive oil. This is the "letter of the law." It is important for you and your family to participate in the "spirit of the law", working out this Lenten effort within your household in ways pleasing to God and beneficial for the soul. We all must be reminded that the purpose of the dietary fast is to help us to fast from sin and ungodliness! If you have questions regarding Lenten discipline, please see Fr. Michael.

House blessings

Fr Michael is available for house blessings during Lent (as the service schedule allows). To schedule a house blessing, please contact Fr Michael by calling the church office, (949) 851-8933 or via email at frmlaffoon@yahoo.com. When Fr Michael comes to your home, please turn off all televisions and other distractions and prepare a list of the living to be remembered in the prayers.

The following items have been sponsored from the St. Mark Book of Needs

Processional Banners (2)

Censer Stand

Exterior Chandelier

Tabernacle for the Altar

Holy Water Basin; Processional Fons & Cross

Chanters Stand Lamp; 8 gal. Holy Water Font

We also have 3 donations towards new Altar Server robes. We are looking to provide two sets (one light and one dark), totaling 32 robes. Thus, we have 29 robes to go!

This Week

Monday April 4, 6:30 p.m. Great Compline

Tuesday April 5, 7:00 p.m. Mere Orthodoxy

Wednesday April 6, Liturgy of Pre-Sanctified Gifts 6:30 p.m. Lenten Pot-luck dinner after service.

Friday April 8, 6:30 p.m. Akathist Hymn (4th Madayeh)

Next week

Sunday April 10, Antiochian Women Monthly meeting after church and **FOCUS Ministry** (lead by the Antiochian Women)

Monday April 11, 6:30 p.m. Great Compline

Tuesday April 12, 6:30 p.m. Parish Council meeting

Wednesday April 13, Liturgy of Pre-Sanctified Gifts 6:30 p.m. Lenten Pot-luck dinner after service.

Thursday April 14, 6:30 p.m. Great Canon of St. Andrew/Life of St. Mary of Egypt

Friday April 15, 6:30 p.m. Akathist Hymn (5th Madayeh)

Saturday April 16, Altar Boys Servers Training

Upcoming Services & Events

Sunday April 17, Men's Club Falafel Luncheon.

Monday April 18, 6:30 p.m. Great Compline

Tuesday April 19, 7:00 p.m. Mere Orthodoxy

Wednesday April 20, Liturgy of Pre-Sanctified Gifts 6:30 p.m. Lenten Pot-luck dinner after service.

Friday April 22, Antiochion Women Baking day at the church kitchen;

Little Compline at 6:30 p.m

**Southern California Antiochian Women
37th Annual Diocesan Spring Retreat
Camps St. Nicholas – Frazier Park, CA
April 15-17, 2016**

Topic – “The Three Day Pascha: Completing Our Lenten Journey”

Speaker: V. Rev. Fr. John Finley

You may register and pay online using a credit card at

<http://www.antiochianladioceses.org/> or mail in the registration form (included in this bulletin) with your check payable to Antiochian women, Diocese of the West, to Georgette Malouf, 1021 N. Orchard Drive, Burbank, CA 91506

Full weekend early bird by April 1, \$125; and after April 1, \$135

Saturday only with 3 meals \$60

If we have enough Ladies register from our St. Mark Church we will van pooling

Please Save Dates

- 1. Antiochian Women Annual Palm Sunday Bake Sale Sunday April 24th
See form included in this bulletin**
- 2. Saturday April 30th Pascha Breakfast**
- 3. Mother Daughter Spring Tea May 15, 2016**

Antiochian Orthodox Christian Women of North America Educational Grant.

Antiochian Orthodox Christian Women of North America are able to award grants in the amount of \$500.00 each to help women (who at least 26 years of age) to return to education or training in order to improve their circumstances and those of their families. They will be awarding these scholarships in July at the NAB meeting.

Antiochian Women's Scholarship application is available at the table by the bulletin board.

Dead line for the Committee to receive the application is June 1, 2016.

Please find more information on the Annual Antiochian Women's Scholarship and the application on the table at the hall by the bulletin board if you are interested.

Orange County Orthodox Young Professionals

Young adults are welcome to join us for social and spiritual/discussion each month. Contact Kyra Pelachik at hi_imkyra@yahoo.com or Charlie Kassaseya at charlesgk@gmail.com or at 858-761-1720. You can find our events on www.facebook.com/OCOrthodoxchristianyouthprofessionals

April 19 - Discussion: "Is there a correct way to confess your sins – The Sacrament of Confession" at St. Barnabas Orthodox Church, 6:30pm

May 7 – Hike to Mount. Baldy with Fr. Patrick O'Grady

May 24 - Discussion: "Practical Applications to your Spiritual Life" at St. Barnabas Orthodox Church, 6:30pm

SAMP - Church School

Our SAMP Priest for 2015 - 2016 school year is Fr. Frumentius Elias Taubata.

In order to support our Priest your child should be:

- Remembering him in their daily prayers
- Contributing to our SAMP fund by bringing a dime, quarter or dollar to church school each Sunday and placing the funds in the basket on the table. Thank You!

Eileen Waian-Ellis

Orthodox Christian Mission Center opportunities for mission work. Empower youth and teens in countries where youth ministry is emerging and opportunities for youth leadership exist. Orthodox Mission Teams to Alaska, Kenya, and Albania will offer programs for students and adult leaders, giving them the opportunity to develop vision for their youth groups, as well teach the Biblical basics of youth ministry and what it means to be a leader. These teams will model servant leadership by assisting in small groups, recreation, and worship. OCMC invites you to join these opportunities in youth ministry. For more information, please visit www.ocmc.org, e-mail teams@ocmc.org, or call 1-877 GO FORTH (ext 141).

JUN 28, 2016 - JUL 3, 2016

Antiochian Orthodox Christian Archdiocese of North America

Diocese of Los Angeles and the West

Dioceses of Eagle River and the Northwest

64th Annual Parish Life Conference

Hosted by St. George Antiochian Orthodox Church, Phoenix, AZ

Please see flyer included for more information and registration

BUY SCRIP

Our Ladies Guild buys scrip from many and various stores and Restaurants (see list included in this Bulletin) at a 3 to 10% discount. When you buy the scrip, which is accepted just like cash at the issuing store, the Parish benefits. You pay no more for these goods and services and are making a donation to our parish. You can purchase this scrip from Saeda Turk at the coffee hour.

SUNDAY OF THE CROSS

With the help of God, we have almost reached the middle of the course of the Fast, where our strength has been worn down through abstinence, and the full difficulty of the labor set before us becomes apparent. Therefore our holy Mother, the Church of Christ, now brings to our help the all-holy Cross, the joy of the world, the strength of the faithful, the staff of the just, and the hope of sinners, so that by venerating it reverently, we might receive strength and grace to complete the divine struggle of the Fast.